# A New Heart Intelligence and Evolutionary Waves

Dr. David Clements,
Pam Gregory

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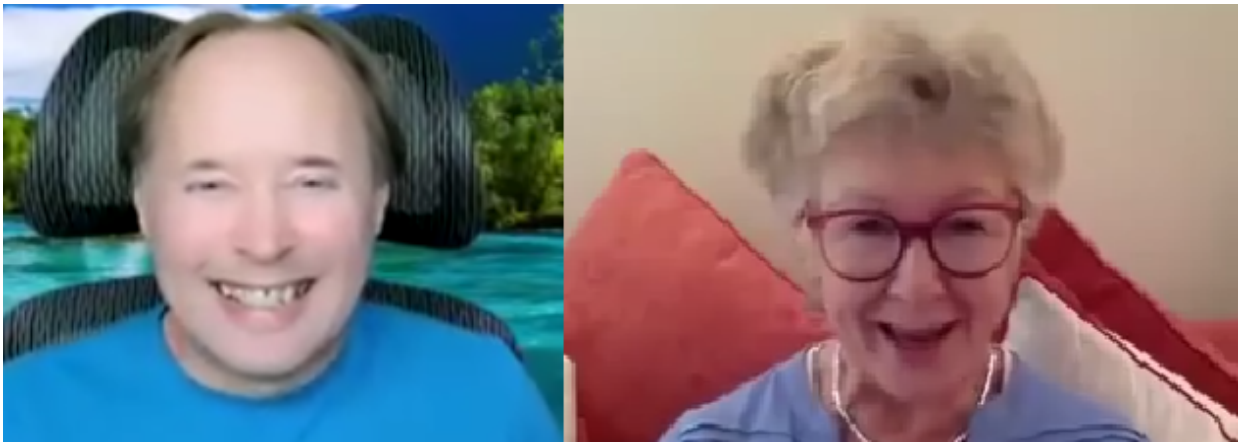

This is another rich discussion with David Clements about the powerful waves coming from the center of Earth and from the Cosmos. Dr Clements is a theoretical physicist with advanced degrees in Maths and Physics from our most highly regarded universities in England, Oxford and Cambridge. He is now a Living Energy Systems expert, developing regenerative technologies to help humanity.

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**PAM:** Hi everyone, you're going to have a wonderful, wonderful time for the next hour or so. We have David Clements here again. It's absolute joy, of course, to be with you, David. I think this is about our seventh conversation. I think something about it. I think so, yes, somewhere around here. They've just been so helpful and so uplifting for people.

So I know this one's going to be similar. And I think most of you know David and his background for those of you who don't, he was in very high level academia to advanced degrees from Oxford and Cambridge, PhD. And then you began remote viewing, I think, and that was working very successfully. And then a galactic team started to contact you and your life changed out of all recognition.

So you're now a living energy systems expert. You're developing some beautiful regenerative technology to help humanity. But you also have a fabulous part of the website which offers live streams and meditations run by your galactic team, as I understand it, those meditations. And a lot of those are free. And they are really truly life changing for people.

So highly recommend that you join those. I'll put the link for those below. And yes, you can become part of David's teaching. So welcome, David. It's an absolute joy to have you here.

**DAVID:** Thank you, Pam. I've been looking forward to this for a while because I know that we talked about this just after a recent, quite soon after we did the last interview. And yes, I'm so glad to be back. I love chatting with you.

And I could see how much help and insight and hope it gives people who are listening in the comments. So thank you, everyone who's listening. And I hope you get just as much out of this conversation as you have out of the others. So it's good to be here.

**PAM:** We're going to be thoroughly cosmic today. So it's interesting, David, because I remember very distinctly that it was on, I think you're talking about December the 4th last year being a very significant wave.
And that was, you didn't know that, but that was a very important full moon in Gemini that day. And you obviously weren't aware of that, but that was a very powerful time. And then you talked about this powerful evolutionary wave that was coming in, peaking in late June and July, which interested me enormously because the astrology is so rare, pretty much unique in this month, which doesn't mean to say it's all going to happen this month, but it's kind of the beginning of another up step in evolutionary terms.
So what we were seeing in this wave of energy is what I was seeing astrologically. And I also listened to a brilliant geophysicist called Stefan Burns. He was talking about exactly this peak time late June, July.
And he was talking about how essentially we were having a more direct magnetic connection with the Sun because we were in a kind of a coronal high speed stream between the Earth and the Sun and also that the Earth was becoming much more electrified.
And so I don't know whether that language is what you were seeing in evolutionary terms or whether you can say more because I know you said this was completely new energy coming in for humanity on the Earth.
**DAVID:** Yes, the kind of the energetics that have been created and developed actually because there's such a plethora of different types of energy. It's not just magnetic. It's many, many different levels.
And that's a massive conversation of itself, but I'll try to not shell it enough. But essentially, so just a quick recap of what the teams have told me and passed it to tell on in these interviews and so forth is that these membrane systems that are being created and have been set up and are still developing around the solar system, around planetary bodies and also inside the planet.
These membranes contain, how could I say, they contain levels of energetics which are a little bit like a birthing condition for new energetics to come in because we have been used to as the

dimensional reality observers, whatever you want to call it. We've been used to a type of energetic system that is highly constrained, highly compressed and behaves in a very solid like fashion.
So it's very limited in what it can do and how it can behave. And so when I think about conventional physics when people talk about the laws of physics, these are very simplistic observations about the solidity and the limited behavior of how energy works in a highly compressed environment which we have been in. But now with everything changing fundamentally, all nature of fields are starting to change, matter itself is changing and its behavior is starting to change.

And this is actually observed in mainstream physics. I remember back in the late 90s when I was doing my undergraduate degree in mathematical physics, they were starting to see that they always observed certain decay rates of particles like the muon decay rate was always constant and then it began to change and they didn't understand why.
So that's been something that's been observed for a while. And so because there's a lot of talk about muons and all sorts of other particles in different, in different guises. But fundamentally, the way I see it and what the teams have given me is that we're so used to looking at it through the material lens and how does matter behave? Can we construct mathematical equations to map and sort of predict and so on and so forth? But what's really deeper underneath that? What's the literal living energetic magic you might want to say that sort of precedes all of that?
And that's kind of what's coming to the surface and on these other worlds with the beings that I connect with, their worlds are so enveloped with higher level, what you might call multi-dimensional living energetics, or that could be a little bit of a whimsical phrase. But it's really an expression to say that the nature of energy in its behavior is now of a very overt living conscious sort of fluid entity, if you like, or being as presence, whatever you want to call it there's not really a good word to describe it.

And so that really is what's starting to come to the forefront from us. We are moving out of this highly solid, rule-based mechanistic world of living into a fluid dynamic living, thriving world because we've all been taught, it's even in physics, you can't get something for nothing, you can't create energy out of nothing, yada, yada, yada, yada.
So all these ideas, but those are all programmed conditions that get us as the observer to create that in the world and reinforce that compactification, reinforce that solidification. So we're actually people think, oh, we just wait and watch the world unfold. Well, there is an unfolding, but what's really unfolding is us.
Our consciousness is changing, the way we perceive is changing, and therefore the outer world is changing as well. And so we talked about before we started recording the waves that were coming in. And there've been these very profound waves coming through, as you said, through June, they peaked and sort of middle of June, beginning of July, and now they're starting to settle off.
And they have been dredging up immense amounts of stuff from deep within people, all the stuff that is there that people have no idea that's even there. It's happened to me as well. I've had some real humdingers to deal with over these past couple of months nobody knows.
Yes. So, and one of the things that as a little message, if you don't mind, sorry to carry this sort of paragraph on it a little bit longer, but I think it's a very good message for people to know that a lot of stuff that you have no familiarity with, no context of or no known relationship with or to shoot to the surface and suddenly it will throw you off and you'll feel like you're wobbling all over the place and you don't know what's going on.
And a lot of this stuff has been so hidden, so stuffed down that you had no idea that even existed inside your conscious field system. And now these waves are coming to dredge that out to release it from you so that you can expand. It's like taking out the anchors that keep you in this highly compressed, highly compact, solidified, limited world of rule-based energetics. But that's all part of the huge change that we're going through.

And yes Stefan is, is right that the Sun itself, the relationship with the Sun is absolutely changing because as the energies raise, and the multi-dimensional nature of our interconnectivity starts to open up, new gateways start to open and expand for us. And suddenly the interconnectivity, not just with the Sun, but with the core of the Earth and with the Sun acting as a point in a huge interconnective stellar system and galactic system, it's massive.
And suddenly all that is starting to come online. And now just like streaming energy that a linkage of river you know, now suddenly this little dam is opening up and suddenly you're getting all that beautiful, high intelligence living liquid light that's coming through and you're bathing in it. Now you're having such greater connectivity with, like I said, stellar systems beyond our Sun, including our Sun, the galactic core and so on. It's really, really huge. It's massive.
**PAM:** Because this is an evolutionary leap, not only for Earth, but for the whole galaxy, I've heard you say.
**DAVID:** Yes, exactly. Yes, something I can feel my teams here that they're quite excited to share something. They're saying, what's happening now is that they're saying, think bigger than your galaxy. They're saying this is a multigalactic universal unfolding and it's bringing together every, what they're showing me is this whole interconnected web of light streams that are enhancing and going all the way out.
They're saying, think of a tree with all of its root systems and all of the branches and leaves and suddenly the core of the tree suddenly lights up and streams of light now go through all the fibers of the tree through the root system. They're working their way to the very tips of the roots everywhere. They're saying, that's what it's like on a universal scale. That's what's happening.
And so they're saying this is immense. They're saying there are civilizations out there performing immense work in different areas, different galaxies. This is huge. And even though the planetary ascension that we're going through is a massive, massive thing because a full planetary ascension is like this has never taken place on this planet before. It's a first as far as I'm aware from my teams, they're saying, yes, that's correct. But this whole thing, when you look

at it on a universal scale, what's happening, this whole upliftment is colossal.
And the role that Earth is playing in this is massive. And I believe it's partly to do with, and this reminds me of some of the ancient masters that came here. They came here to seed such light into the darkest places because to do so. It's like, imagine going down to the bottom of the ocean, you set off this immense light and that light would work its way through every water molecule spread out from the deepest place and work its way back up to the surface. And so in a way, that's kind of what they did. They started the seeding work and it obviously took place long before they came as well.
So it's a step-by-step system. But when they came in, it's the most recalled and renowned point at which very advanced beings came in to plant super seed light in, to break the system down from within. Because remember, one way to look at this is part of the bind that humanity's got itself into is being involved in environmental energetic system that is so confined and ratcheted down where it becomes so limited, you can't do anything other than just barely operate.
And that's what it'd become. And so light, intelligence light had to be seeded into the very fundamentals of the entire system, the material makeup matter itself to change it, recode it, reform it so that it releases and lets go. And suddenly, the living fluidity of the real nature of energy comes back and the thriving can come back again.
So there's other ways you can see it, but that's a nice way of looking at it and I feel that's what's happened. And so the system *per se*, darkness, whatever you want to call it, never had a chance because living intelligence is the fundamental force of everything and what we call darkness is just a perception.
And it was said to me that it's when you look at something and it appears to have a diminished level of Love Intelligence within it from your perceptive vision, it appears dim or dark. That is what darkness appears as. But as soon as it becomes full of Love Intelligence, it luminesces it glows. Suddenly now the holographic forms that you are now looking at are now filled with Living Light Intelligence.
And now they're organized and harmonized by that intelligence because it's in it, it's actively working inside it. And now it's doing its

magic. And so it becomes luminescence that becomes light.
So really it is that darkness *per se* is not a real thing. It's a perception of the lack of Love Intelligence. And that comes back to the game of free will because to have the game of free will, you need this sort of perceptive contrast of lack and then to be full of so that you have this spectrum of all things in between.
So yes, there's a lot of different threads you've got there, but I don't want to hang on too much.
**PAM:** Fascinating. Clearly we are in an incredibly accelerated period of humanity, and you know, galaxies and beyond. And you've actually said that we are hyper accelerating now, humanity is hyper accelerating. And I know there's no such thing as linear time.
So this is quite a tricky question to ask an our evolution will go on to infinity forever and ever and ever. Are we kind of in a sort of a bubble period where it is particularly intense and then it will start to level off a little bit? Or will it keep this intensity for forever and ever and keep upping, upping, upping? Or is this a particularly concentrated period?
**DAVID:** Yes, I can feel the team's laughing. They're saying that's really up to you in the sense that they're saying that you can be as enriched or as still as you wish to be. They're saying, but part of this unfolding, these massive waves are coming through as a planned and purposefulness.
And they're saying, it's a Pleiadian being, I believe, here at the moment. And I also believe the Syrians are here as well. They're saying they would like to come forward to share some perspective.
So okay, my high self, please go ahead with the teams that are here.
So they're saying the Earth is undergoing tremendous change, which they're saying smiling, you already know that, of course. But they'd like to discuss some of the changes on a deeper level and so what is happening, they're saying, I just touched on it a little bit with what I was saying about the luminescence of matter and the filling of Love Intelligence.
They're saying they would like you to take a step further because they're saying your world has essentially, in a manner of speaking, and they're hesitant to say these words but imprisoned in a way. Not quite in the way that we would understand it, but they're saying, think

of a bubble that appeared to be so separated and so disconnected from everything outside. They're saying that's really what they mean. So they don't want people to misunderstand what it is they're saying, but it is created such a sense of separation, they're saying, they're using a type of expression I'm not used to.
So I'm finding it hard to find the word to describe it. But essentially it's like they're saying the game of humanity and they're saying let's call it that the environment of humanity, whatever you want to call it. They're saying what's happened is in that game. They're saying it's a little bit like the show this analogy.
Imagine a group of children are playground and they get taken into the school and the doors get locked and then they just that's where they stay and they get used to just being there all the time and they forget that there's a world outside of them.
And they're saying what's happened to humanity is that we have forgotten that there is an entire plethora of multi-dimensional levels of existence all around us, all outside of us in perception terms, that we've forgotten and have had a very little instance of that connectivity or the sensitivity or the feeling of that.
And they're saying it's created this condition of ever greater compacting, compacting and separation that had to be turned around. They're saying because it was going into a very, very unpleasant place.
And they're saying the initiation of this turnaround actually took place a long time ago. This isn't recent. But a lot of the things that we are noticing are quite recent as to many of the up-levelings.
So they're saying the turnaround actually was they're talking thousands of years ago things were turned around. They're saying your history is a lot more ancient than your books are saying. They're saying yes, there have been many civilizations on this planet. Many of them very advanced. Many had left this world and developed technologies that they could go elsewhere with, remnants of which they're saying many have found in different places including Antarctica they're saying.
So this they're saying they encourage people to look into this more because you'll find some very interesting things. But they're saying

more to the point what's happening is the core of humanity and the core of the being the heart intelligence. That is where the veils are really lifting.
And that is where people are starting to feel all sorts of weird going on, imbalances, discomforts, all sorts of strange things going on. And they're saying this is expected in their eyes. This is part of the process. They're saying, you see humanity and they're saying that with such a lot of love and reverence, they're saying that you're going through a massive transformation which is not a transformation of just being more intellectual.
And they're saying, of course you know this. They're saying you're undergoing a transformation where you are literally returning to the core of you. You have this profound chance to go so deep into the core of who you are to be a living powerful emanation of Source Intelligence light within human form. They're saying this is the grand experiment of the human form right now.
And they're saying it is immensely exciting for them. They're saying they're seeing things switch on in humanity on a subatomic, molecular, DNA level that are just profound.
And they're saying this involves what they will call light science that's beyond what we know right now, but we will become accustomed to it and understand later. But they're saying, but suffice to say now, they're saying that so many things are coming into play that are going to be immensely enriching to the human condition beyond what you can imagine right now. It's really, really profound.

And they're saying it literally each of your Earth days brings something so profound and new in itself. It's a male and he's saying humanity is of such interest to a delightful interest to just many, many immense races because they can see what's happening as well.
And he's saying he's just about to leave now as there's a female who's coming forward now. So this is an Arcturian female.
Okay. So my high self and the Arcturian female, please go ahead with what you like to say. So that's interesting. So she's holding out her hand and she's showing me something energetically on her hand. So

she's saying this is a representation of or an image of the heart center.
And she's saying something is changing. She just wants me to be still for a second so I can see, okay, please go ahead and show me.
Let me try and describe this to you. Okay. Have you finished? Would you like me to describe that now? Yes, she's nodding. Okay. What a really delightful being very, very sweet and gentle, but incredibly, incredibly advanced. So she held her hand and just showed me a sort of energetic image of the hot energetic system, what it is right now. And she was saying what it's transforming into and it just went like this and transformed into this immense. I'm not sure if I can find the words to describe it. She's saying that the opportunity for humanity to be such a direct emanator of Source Intelligence. Do I have that correct? Is that what you mean? She's sort of, she's nodding, but there's a little caveat to it.
So she's saying the heart center is not only the core of our living intelligence, it's the core of our perceptivity. And she's saying the galactic connectivity that we're getting. This is where it's developing from.
And she's saying that when you reach a certain level, you will literally feel the living consciousness of stellar systems, galactic systems right here. You'll have perceptivity of them right here. They're saying it's like the living light library of the human system, the human form with that level of Source connectivity with your higher self embedded in the human form so much is…
They're saying is an experiment that is really just incredibly profound because they're saying the experiential, again, the way it's very difficult because they're showing me very multi-dimensional concept. My high self is saying picture an ocean and you are in the ocean. And now all of a sudden you become aware that you are the body of the ocean as well. And that ocean is filled with living library energetics of consciousness and understanding an experience that spans not just this world, but entire galaxies. They're saying, that is where you need to be looking. That's how big it is. They're saying this is still developing.

And, but this is what is slowly coming online for each of us as we wish it to be. They're saying the availability because of the genetic makeup of the human form from many master races, because of the Earth herself, her lineage, her connectivity, her whole framework in this whole thing, the whole thing together in symbiosis is creating what they're saying is like a light recipe that is like no other. It's really profound.
And so they're saying they would really love people to play and ponder with the idea of just having such expansivity of awareness inside your being unlike you have never imagined before. They're saying that's where you have the opportunity to go.
And that's these waves coming through. They're saying, are clearing the bedrock. They're clearing the dust, the debris, the mud that is getting in the way of that coming into better fruition. And they're saying it's all part of this pulsing that comes through. It purges dredgers, pushes out, settles you down. You get a settling time so that that space can now be filled with more advanced light energetics. Then you get another wave through that pushes more dredge out the way.
And they're saying it's clearing the human form so that we have such a multi and they're sort of a smiling of it. They say, we know how that gets that terminology. Yes, used a lot in different ways. They want to make it very clear. They're saying imagine around you a nested series of fields all around you and ever expanding a back towards Source.
They're saying those are the expressions of you in ever expanding form back to Source. They're saying this whole process is allowing you and helping you to connect more deeply, deeply, deeply with each of that almost sort of fractalized field system so that you have such a profound and deep access to that that you are literally just emanating that in human form.
And they're saying the ability to be a bridge to such high level living energetics in a sort of third, fourth and fifth dimensional setting. They're saying it's never been done like this before. This is such a new thing.

And they're saying the conditions that humanity are creating by doing this work is opening up even more doors as we go along that we're not expected to be open, that even more expansivity and new projects can be enacted because of it. They're saying it's such fun dealing with humans. They're saying in your human phrase, it's never a dull day.

**PAM:** It's more fun up there than sometimes we are. But I know they've said we are way ahead of expectation and accelerating. So it's fantastic. So it sounds like we are going to become more and more luminous as beings as well shedding that density, which is wonderful.

And I've also, David, I mean, that's all beautiful what you've shared. Just how lucky are we to be here at this time? It's remarkable. And you've also said that the whole fabric of space time is changed. And of course, that's inner as well as outer. But can you expand on that a little? I mean, what exactly did you mean by that?

And are the orbits of the planets changing in their relationship to each other or their relationship to the stars? And again, being aware this is all inner and just being a mirror reflection in outer. But I'd love to understand that better, obviously.

**DAVID:** Sure thing. Well, let's start here. So mainstream physics will tell you that the space time and matter or particle sit in that and they study the behavior of that and that basically over our physics as we know it. What the teams were saying to me was that the very nature and energetic configuration, if you like, of space and time itself and what we perceive to be time.

And they're saying there's a lot of new understanding that's going to come, not just about our perception of linear time, but multi-dimensional time flows as well. Flows that go back on themselves, flows that do all sorts of things. They're saying time is more, more dynamic than we understand it to be. But to bring space into the fold, they're saying that they've spoken before about these,. how to describe them.

They're like sort of energetic nodes that connect each other in this huge, beautiful connected system that acts like a bit of a fluid, it can flex, it can move, it can bend. But each of those nodes has a lot of,

there's still a lot I'm learning as well, but there's a lot of energetic function to each of those nodes and one of which is experiential memory.
And so I think I've spoken before about when people can go to an area which is say war-torn or where there's been some very damaging energetics there, but can still feel like something is going on, like something is replaying again and again in the spatial area. And what they were saying to me was that these nodes actually store experiential imprints like memory. And so one of the things that's being changed in the spatial grid system is the memory of all traumatic events that just keep getting stuck and replaying and replaying and replaying and don't break free and heal. That's happening. But also the whole system is changing because they're saying one of the constraints on matter itself is the very nature of how the spatial system has been made to be.
And we change that with our conscious perception. They're saying that's part of our relationship with our environment. And they're saying part of the condition of how we have really confined ourselves down into this sort of third dimensional kind of highly constricted, highly solidified is that's had an impact on the spatial system itself.
And so that is being undone as well. So they're saying it's not just an area with which to fill things with. It's an active part of the very living holographic system that makes up what we perceive as our outer reality. And it's layered. They're saying as well.
And one of the other things that's happening is they're saying if you remember the bubble they talked about as if humanity had been contained within a disconnected bubble or a perceptive prison, if you like, in a seemingly separate to everything else. We're in this little bubble. We have no idea what's going on around us. We're not even aware there's anything that's outside this bubble kind of thing.
And they're saying the clearing and transformation of the spatial grid systems is very much part and parcel of the dissolving of that perception of separation, that bubble of we're in here, nothing else exists. And as that dissolves away, we realize, oh, my goodness, there's everything is interconnected. We were never, never truly separate.

And so yes, there's, do you have anything you'd like to add to that, my high self or my out terrain family? Yes, they would like to add. They're saying there is a synergy. They're saying they're, imagine this, they're saying around galaxies and they've spoken about this before, there are certain membranes that exist so that energy operates slightly different within each galaxy.
So it has its own environmental playground system, if you like different it's like one school does this and other school does that it's kind of a little bit like that. But they were describing each galaxy is within its own membrane, each solar system has its own membrane. And within the solar system, there are other membranes as well. And within a membrane, the physics or the energy behavior can be vastly different inside this one compared to inside another one. It's like when you blow bubbles and you see bubbles, it's like just fields of membranes.
And within each one of those, the nature of how energy moves and behaves inside that membrane is very different or can be very different from another. Just to give it a visual feel to it, it's not quite like the one you blow bubbles it's just they're bubbles. But in the membrane context, that's how it works.
And this is what's changing. Now the beautiful thing about this is they were saying that you can only get access to membranes or change them if you're at an eighth dimensional level or higher. So lower beings can't mess around with these. It's not something that they can interfere with. They don't have access to them.
It's one of the beautiful ways that the whole universal system is set up. You only get access to the good stuff. If you could show you can attain the high levels and you can behave centrally and properly. If you misbehave, you only get access to real limited amounts and what have you.
And they're saying that is effectively what is going on that the spatial system within the solar system and within the planet itself and within the other planetary bodies as well is being slowly morphed and changed to bring it more in alignment so that it can synergize with and essentially connect with the flows and the streams that are

coming through the Sun, through its core through the galactic core and the network systems that the Sun itself is connected with as well. And so yes, that's what they're saying is happening. They're saying it's an immense, they're saying the analogy of the root system is a good one because it gives people more of a visual of all these different roots threading into different stars, different stellar systems and these light flows feed through to them and emanate through the star expanding into the solar system radiating the life forms in that solar system with that particular quality of light information or light intelligence. So it's kind of hope that gives a better flavor of what's going on. Did that answer your questions?

**PAM:** That analogy is going to change out of all recognition. So no pressure there then. It's much more recognizing the consciousness of each of the planets as well and interacting with them as elements of consciousness from within us and also mirrored out as well.

**DAVID:** It's just very quickly sorry to interrupt there but the Arcturian lady is here again or the Arcturian female. She's saying yes and it's we are going to start to re-evaluate our understanding of what planetary systems are and what they do as a function, what they are as a design.

And the many things that we're not yet aware of, she's saying because there is so much going on that humanity, she's smiling. She thinks it has a hand along but he doesn't. It's really exciting. She's saying there's so much excitement in store for us and the discoveries that are going to be made. Yes, it's very cool.

**PAM:** Wow, that's beautiful. Anyway, look forward to all that. That sounds incredible. And I've also heard you say, David, that you visited the Sun recently and I'd love to ask you about that, your experience of doing that.

**DAVID:** Yes, it's in actually there's a couple of times it in the actual meditations themselves. And it's very interesting because when we do these meditations, the teams of the collective higher selves with everybody doing it seem very keen for people to directly experience things, not just get information because information is nice but it's not the same as really having an experience of something.

And so a couple of times, perhaps even more than that, they've asked us to go through the boundary of what we perceive to be the Sun into the interior to sit and feel what's in the interior, what it really feels like. And it's, I mean, I studied stellar structure when I was in academia. So the conventional view of stellar structure and the interior of stars. And yes, I can tell you that the perception that I was given many times by going inside is nothing like what stellar structure would have everyone believe is inside.
And inside the interior and there is a core inside there, just like very similar to the Earth, a living intelligence core. And in the interior, it felt more like, do you know those plasma balls that you get, you could put your fingers on and all the plasma streams meet your fingers. It was more like that than it is. As we think of it, it's just a big ball of just fusion reactions going on, nuclear reactions. It wasn't like that at all. In fact, it was cool in the interior. It wasn't hot as we perceive it to be. And the Arcturian female is back again, it's interesting. She's kind of doing this for a second. She's saying that she's saying there's so much that has been hidden from you, so much that you have been misguided with in terms of your understanding of what things are. She's saying initially it might seem like all your knowledge is going to turn on its head because of the nature of things of how it's going to be revealed.
But she's saying it's going treated as such a fun, almost like a child beginning to learn from the beginning, how things really are kind of thing. But anyway, so did you have anything to say about the interior of the Sun there? No, she's saying she just wanted to include that. So yes, again, back to my experiences at the very core, there was one meditation in particular where you go through the core and go through the stream, the multi-dimensional stream gateway to the galactic core.
And that was quite an incredible experience doing that. I don't remember off the top of my head which number that was. I believe that was one of the free meditations we do, so anybody listening can go and do that.
I’m pretty sure it was. But yes, and this is one of the big misnomers I love to clear up is as a former mainstream physicist, now a living

energetic physicist, I think of myself, in what I do, I would say that what science has really taught us is solidification, separation, and isolation.
And pick things into their component bits, put them back and try and map them and therefore you understand what you're talking about. But no, not at all. Living systems are interconnected, living systems that are so beyond everything. Being a scientist, I've walked in the same halls as some very famous people, I've had conversations with them about all sorts of things.
And for my take on things, science is going to undergo a big Renaissance. It really is. It has to. There's no other way. A lot of things, religious perspectives, all perspectives are going to undergo a massive Renaissance because it's been predicated on the idea of separation, control, isolation, the whole number of different factors, none of which are actually real in the bedrock of reality as it really is, as the way I see it.
And we're going to be introduced to living energetic systems in a far more advanced way. They're not technologies as we know them. They're living energy field systems that operate in the most advanced ways and it's going to appear to be so different. I mean, people have seen taken pictures of light ships, massive light formations in the sky that are incredible.
And these are indicative of these advanced races that come in with these. what you can only describe in a very loose way as light intelligence ships. And it really is extraordinary. And again, just coming back to your question about the Sun again, it had the similar quality inside there. It was a living, intelligence complex of field systems that was very different, very different from what we would think of as being the Sun, what we are taught to be as the Sun is. So I've had to do a lot of unlearning. Yes, I've had to chuck all the hands away and start again.
**PAM:** So everything has become more fluid, more malleable, more morphing and more conscious. So we're going to recognize consciousness in everything. In the vehicles, they're going to be operating by frequency. It's going to be just an extraordinary multi-

dimensional world that we're moving into. And it's starting now, isn't it? Because people are starting to have those experiences.

**DAVID:** Yes, there's, I mean the observation of orbs there's many ways to describe them, plasma balls things are phenomenal going on the sky. It's really increasing a lot of people, a lot more people that didn't notice it before are now starting to see it. And yes, and I've seen some other people who have worked in different areas, some of them quite close to, shall we say, deep projects, so to speak.

It's incredible because I remember, I don't want to say too much information, but I'll just gloss it over a little bit. But I asked one person who had contact with some people who were working in these programs and he said to them, so what's the nature of what you've got behind that? How far are you advanced behind the scenes?

And this contact of his reply, well Star Trek. He said, yes, yes. I said, well, what we have would make that look very silly. So, and that was direct from somebody who was a solid guy. I mean, I don't want to mention his name because he's not given me permission to use it. I won't say he has passed away now.

So, but still he hasn't given direct permission. So I won't say, but I think it's okay to say that, to give people a flavor without revealing too much information since it just gives you an idea of things that are going on behind the scenes. So it's, yes, the future is going to be very, very interesting.

**PAM:** And it's arriving right now. And these waves are going to keep increasing, aren't they, David, all the way through this year. They just keep on coming.

**DAVID:** Yes. The next big one, they're saying there's, they're saying there is some sort of what they consider the microwave, that's a micro-wave. Yes. That's clear that one up. Or smaller waves that's probably, that's a better way. They're laughing.

And they're saying, but there's another big one, crescendo coming in August around August the 19th, they're saying, is going to be, I don't know if that date is significant.

**PAM:** It's an eclipse month. So, yes. The 12th is a total solar eclipse and obviously the 19th is a week later, but yes, big astrology through

August. That's really interesting. So another big evolutionary wave to carry us through.

**DAVID:** Yes. They're saying this one coming through is even more refined as they've spoken of before, they're expecting them to become more refined as they go forward. And they're saying they want to qualify what they mean by refined.

And they're saying that the quality of the living light information that is coming through, the seeding of these little packets of light that are going to unfold when they go into you and literally release, they call it light functionality or light intent that's going to uplift, expand and evolve as it goes into you. They're saying the refinement of them is so fine because the finer it goes, the more it's bridging you into the finer sort of high dimensional living energetics of things.

And they're saying it gets more deeply absorbed in those who are ready to absorb in that particular wave set. But they're saying, don't worry, no one misses out because as another group is then ready to move on and then be receptive to this, they get the opportunity to do the same as well. So they're saying it is happening in different ways for different groups of humanity, as they're saying, when you look at it as a whole, everybody is moving. It's like a bus.

You've got people sitting all along the seats of the bus, but they're all going to pass through this place of high energy, so to speak.

And they're saying it's all to do with where you are in your receptivity to energy, where you are in your path, your puzzle piece solving. There's a whole mix of different things. But ultimately it comes down to resonance where you are resonated, your frequency, what you can resonate with and therefore receive and exchange with. That's part of the process as well.

And they're saying they want to be very clear to people don't get upset if you feel like you're behind, they're saying there is no such thing. They're saying even that analogy we made before generates a false perception of, oh these guys are over here, you're behind here, you're catching up.

No, they're saying that you must understand that a lot of people purposefully chose to incarnate into some very deep waters in order to see light, get in that mark, see light at that level to break the

system apart from within those levels. So they're saying look at it like that, you're not behind, you're not ahead, you're just working on a different aspect of the project.
So they're saying that's the way to look at it. Because they're saying it's something that you notice a lot in humanity. Humanity hss a deep tendency to keep comparing themselves to one another. Oh my goodness, I feel really bad and insecure now because you're doing this and I'm not doing it. They're saying it's not the way to look at it at all, not at all.
I think of everyone who has come from very advanced places, you all chose different parts of the field to work on. Some of you went right into the troughs to muck out all the, excuse my French, the crap in there. Some of you went over to a more savory part to do work over there or help over here.
It's all different things like that. So they're saying try to see things like that and try to shed the idea of that you are less than or behind or anything like that, because that's not the way it is.
But they're saying for the waves coming through, they're getting sequentially more refined and they stay within the body of the Earth as well. So the Earth is literally charging with these multi-dimensional light energetics. It's filling, filling, expanding, expanding.
And it's reaching into the atmosphere, into the oceans to everywhere. Everything is being touched by this living intelligence light streams that are coming through.
**PAM:** They have a cleansing function as well on the land and in the waters as well.
**DAVID:** Yes, they're saying cleansing and transmutational because it's some systems, rather than being broken down and literally rolled out or removed are actually being transformed back into a better state than they used to have. So it's like a spectrum of lots, but many lots of different functions that it does. But as an interesting question here, if you're interested, we could ask the teams how that's all progressing on a scale of how they were structured.
So they're actually saying we're glad you asked that question. They're saying that things are proceeding. They're saying there’s not quite a

word to describe it in your English language, but they'll try to give the sensations so that I can then bridge it through.
So what they're showing me is, they're saying, if you remember in their conversation before they spoke of many doorways opening that weren't expected to open and they weren't seeing as being a possibility to open on those timelines when they were looking before. So remember, when these beings look at things, they look at potential timelines, what's going on now, what the most probable timelines are and all the possible other streams that can be taken as well, because it's all about our choices.
And they're saying that so many doors that will enable just profound light experiences are opening. Some are just opening a little bit right now. They're just wedging open a little bit, but they were slammed shut. They're saying before they were not opening. And what they mean by doors, they're saying this is in human terms metaphorical. What it really means is access to higher energetics because they're saying “this one spoke”, they mean me. So when I spoke before about you can only get access to things if you reach a certain level. They're saying to carry that forward, as we expand, as we gain deeper access to more refined light, we then get access to the higher functionality of that living light. That's the door opening, essentially. And so that's what they mean by these it's not like a door that just opens up in front of you, like we think of a door. They're saying it's you're gaining access to things that you could not get access to before. And at a rate in and away that is literally unprecedented, they're saying it's really incredible.
And they're saying that the people, humanity, the way humanity has been working on this and doing this so diligently through some of the most difficult circumstances, they're saying, and they do understand that they see it. They see this very clearly. They're just in awe of what humanity has managed to do through such density and to keep going and to come out the other side with better access, higher access, more deeper access to things that they never accessed before.
And they're saying a lot of this stuff that's coming through is not normally present unless the world is incredibly advanced we're sort of talking sort of fifth, sixth, seventh, eighth and higher dimensional

existences. They're saying those are actually trickling through to you now because of the access that we're creating. They're saying we hope that gives you a better understanding of what you're doing. And they're saying the more you do that, the more you're going to contrast the crud that's coming out as well. So they're saying bear that in mind when you look out to the outer world and they're saying, this is a very, very important message for humanity when you look what's going on in the world.

They're saying please do not get attached or focused on oh my God, it's all falling to pieces. Everything's going down the drain pan. Absolutely. They're saying quite the opposite. When you clean your house out, you see the rubbish leave and as it exits the door and you're going to think, oh my God, my house is a mess. Everything's going down the drain. It's all going upside down. They're saying no, it isn't. They're saying if you could see as they see the levels of light on this planet now compared to the small pockets of residual, they're calling them dark holographic aspects, just it's holographic forms with the absence of Love Intelligence in them.

If you could see the contrast between how much light is there compared to the small residual pockets, you'd think, oh my goodness, we're nearly there. And they're saying you'd be right to say that because that is exactly what is happening.

**PAM:** That means, David, that the collapse of the old world is going to be even more heightened and obvious and accelerated. Yes, because the light is coming in so fast.

**DAVID:** Yes, and they're saying that also falls into human perception because they said, unfortunately, one of the difficult things is saying for humanity is humanity's, the majority of humanity's perception has been so attuned to the normal, densified goings on and functions of the old world.

And that is one of the things that many people are struggling with, which they're not necessarily fully aware of because, they're saying, when you settle down and really ask your higher self to see things as they really are what you're struggling with, you begin to see that a quite a significant amount of that is the resistance to let go of the old

way of seeing things. You want the new, you want the new energies, but it's still holding on to the old ways of looking at things.
And they're saying that is where a lot of tension is being created and a lot of people right now. So they're saying they would like, they're making it as an offering, they're saying they offer this information to help you better understand and become calmer, more settled, more serene in your unconsciousness when you become unsettled because it is just old artifacts, old ways of seeing things.
Because sometimes we see things in ways that we really don't want to see it. We really want to see it like this. We can get quite staunch about it. That's kind of humanity, I guess, in a way, or as it has been. And I can say I found this in my life as well from my early goings on through many years it's real slammers of walls and in the end, after I had my busy fits and all sorts of like, which and everything of going through some very difficult times, I settled down and my high self would come in saying, now do you understand?
Now do you see? I said, right, I understand now. Sorry, but they don't mean it like that. They were saying you have to just settle down, let all the emotions all off, let them come out, then settle, then you have the palms still and you can see everything clearly. Now you can see what was really going on.
And that's the difficult part for people when you're going through the motions. I find it's good practice just to allow it, let it be. Enjoy the fact that this is coming out. Don't embroil in it. Don't engage in it. Do not identify with it. Just let yourself settle. Go out for a walk. Get in nature. Do something. Just say, yep, it's there. It's doing its thing. And that in itself can be a bit of a practiced art because we're so used to directly wham engaging with things and a lot of people, I used to do quite a bit of that when I was younger and it didn't help at all. As you know, people know it. All it does is it takes you deeper and deeper and deeper into that spiral. It takes you a little bit longer to come out when it uncoils.
And so this is a thing that I would, I would recommend to people from my own experiences that whenever this stuff comes up, just allow yourself to feel the yuck just it is offloading. And the more you can do that, the more graceful you'll, because it's like a practice start the

more you practice doing that, it will become more natural, more what you do normally.
And this stuff will just come off you so quickly. And it will feel like, oh, yes, that used to take weeks to bothering and everything to go through. Now it's like two minutes, it's out and it's gone and it's a big thing for humanity to learn to do, to just be the peaceful observer of yourself, what you feel, what you are feeling and what is going on right now, definitely.
**PAM:** So be in stillness, listen to your meditations because they're exquisite and life changing. And also a simple phrase as I use are things like, show me how to embody more light today. Show me how to embody more light. I'm welcoming in the new light codes into all of myself for my awakening, phrases like that to welcome it in as opposed to exist.
**DAVID:** They were saying, but they would answer that. They would say more so the feeling because what they like to encourage people to do is really get to know your sensorial, energetic self. They're saying there are some areas where, and you know, I can say for myself included having been very heady in my previous times. They're saying they are noticing quite big pockets of the developing community or conscious developing community are getting held up with mental grip still trying to do everything mentally. They're saying what they would like to offer as an encouragement is try to feel the sensation more even if you don't feel much at the moment.
The more you encourage the sense the perception or sensorial nature of your feeling of energy, the more that you can actually transform because it's saying part of the difficulty is the human mind has been conditioned to grip.
It's been conditioned to and they're saying the mind's version of understanding and it's been said before is control. Whereas the heart's version of understanding is compassion, which is a complete release and allowing a flow and seeing everything as it is. It is one way of speaking it as I would say.
And so there's just saying for those people who are struggling just ask yourself, are you doing this more mentally than you should and do you just need to relax, come down into your heart center and just

be more playful? And they're saying it's not about mentally making yourself come out of your mind and go down to your heart.
They're saying it's about really relaxing the mind being really joyful and playful with your mind. Don't bash your mind. They're saying just be playful with it because it's how it's been trained to operate, but it will learn a better way.
And the more you can just be playful, be kiddish, goof around, do something silly get in that energy then you naturally just settle into your heart center. You don't make yourself go there. You settle in there quite naturally just by doing that, then you get the feeling of your higher self much better the flow of the energies. So and they're saying in a way you're kind of moving from a paradigm where a lot of this work was done mentally because that was the availability of the time.
And now you're moving, you're making that jump over to more being into the heart intelligence center. And so the mind will become an instrument of the heart rather than the governor of things. So that's another aspect. They're saying that's the up to your lady who's back again saying that as well. So sorry, they just wanted to drop that one in..
**PAM:** No, it's also pressures and valuable. But the phrase I often think of when I'm dropping into that state is just imagine that your butter melting in the Sun, just really surrender bliss, stillness, that is beautiful.
So I'd love to ask you and it's a slightly unfair question, David, because you're not an astrologer, but next year on the 2nd of August, 2027, we have the longest eclipse of the century, six minutes, 22 seconds, and it's going to be at its darkest point over the Egyptian pyramids, which feels hey, presto super powerful and the astrology is very powerful.
That whole chart is very powerful. So is there anything you can tell us about the potency of that eclipse because it feels like a real peak point in our evolution? Does that make sense?
**DAVID:** Yes, it does. Yes. So my high self intelligence, would you like to offer any information on this? So the Arcturians and the Syrians are coming forward on this, which is kind of interesting because I believe

the Syrians had quite an involvement in the development of that culture as well.
So that doesn't surprise me, I guess, in a way. Okay, so my high self and my love light family, please go ahead. So we would like to say we would like to offer that this is a Syrian male who's here. He's saying coming back to the idea of energy streams and alignments and when things open up and when things flow.
He's showing me an image of something. It's a little bit like certain points, certain gateways will open and allow flows to flow through and allow energies to work in certain ways. He's saying this is one such time and it's a very powerful time. He's saying that he can't go to specific details. He's saying, but he can say that their ancient civilizations were very purposefully setting up these ancient structures to function in a very particular way.
And they are they have an interconnection and they operate with, he's sort of doing this a little bit. Okay. He's saying part of the reason is because there's active on goings right now, which he can't be too specific on. But he would like to give the audience or people listening a little bit of a flavor of an answer to your question.
So he's saying that imagine the Earth much like your own body where your body has a lot of vessels of blood vessels, other things, your whole nervous system, a lot of things interconnecting flowing, opening just a very, very dynamic system of exchange.
And he's saying that your planet is returning to this and a lot of those ancient systems are switching back on as the Earth cleanses and clears a lot of those nodal points, particularly where a lot of those artifacts are built very purposefully, things are switching back on.
And they're going to be done in stages because they're saying humanity and the Earth itself is not ready for a full switch on so to speak. It has to be done in stages for acclimation to take place and it’s very important. And he's saying it's much like these ways throughout the entire process. You get a surge and then you get acclimation surge, acclimation surge, acclimation. That's how it mostly operates.
And he's saying it's the same thing with this one. So something is going to be taking place. He's showing me something, but he doesn't

want me to talk about that. Okay. So, but suffice to say that you are very correct. He's saying in where your question was going.
And he's saying more can be revealed after the event when it when it takes place. So yes, it seems like there's something quite interesting going on around that, which they want to be a little bit sparse with some of the information. Sometimes they do that.
If something is an ongoing thing that they want to make sure is all works beautifully then I won't necessarily say everything. So he's backing away now. He just as a thank you for that opportunity. So, yes, I hope that somewhat helps you.
**PAM:** There's going to be a huge amount of human interest in that because it really is. unusual.
**DAVID:** So, yes, I was going to say, I understand that because I'm quite keen on knowing more about that stuff myself, but often they'll tell me or that's enough for them. I would as well. So, it's like and I think it is kind of necessary as well because not only for the ongoing operation aspect, but also because of the fact that part of the beauty that the teams that I work with often do as the way they assist is they love for people to have their own experience.
They often mention about knowing knowledge is one thing, but actually living the energy of something and getting your direct sensorial perception of what just took place can often be very different.
And so, that's one thing I find they're often very keen on letting people do, which I think is a very beautiful and very good way of doing it because we're sometimes we're all sometimes too keen about wanting to run on about giving lots of information, but I think the experience of things is the real key.
**PAM:** Yes. And again, it's learning to feel it through the body rather than just learn it through the mind it's being in the body, isn't it? That's really important. And it's really important to keep your nervous system calm, a lot of grounding, breath work, candle gazing meditation, anything, hug a tree, be in nature, anything that grounds your nervous system because there's just so much happening that's changing so rapidly that we haven't lived at this pace of change before. I think it's important to say.

**DAVID:** If you don't mind, yes, my high self and actually feel the core intelligence within me. I mean, the Source Intelligence and that our high selves are the same, but it's the stepping down expression. So sometimes I use them a bit interchangeably.
But that what's coming through is saying that, yes, humanity has been taught and has learned to overuse the mind in ways the mind was never meant to be used. So yes, you are supposed to have intellectual function. You were supposed to have intuitive function, but those are supposed to be instruments or extensions of the heart intelligences, which is where we're going back to now.
And the way I see it in my own experience, that's been one of the biggest difficulties in moving through my own path in making that transition from being very intellectual and very head centered where my whole world was intellectual to being of the heart center and my mind being an extension of it wasn't for my path, it wasn't easy.
But they're saying, but I forgot the joyful playful bit because I was always being too serious about things and but they after a while that message sang in and they were saying that that's the key. These are you're not being silly by being playful.
You're being more of your true nature when you're being playful because the true nature of Source Intelligence is playful. It's inquisitive. It's wonderful. It's delightful. It's all those beautiful things. Those aren't whimsical things. Those are natural qualities of that energy. And you can quite easily return to them just by enveloping yourself in them and doing that.
**PAM:** It's really it's just been a beautiful conversation. I mean, you've shared so richly with us, David, given us so much inspiration and excitement about the kind of future we can start to look forward to, imminently. I mean, we're absolutely in it now. So in this crucible of change. So God bless you for all that. Is there anything else you'd like to leave us with before we close?
**DAVID:** Yes. So my high self, my Source Intelligence, my Arcturian love light family, my Pleiadian love light family or my Syrian love light family is anything that you would like to add. I know that you mentioned to my high self that you'd like to add a message when we,

before we started recording. Yes. So this is from the core intelligence within me.
It's a message of hope. And, but it's not hope as we would define it in human terms. It's not an, oh my, I hope this works out. It's saying rest assured, dear humanity, that everything is working and everything is flowing. And as has been said, far better than was expected 10 in 20 or 30 of your years ago, you are making transformative progress in ways that were not expected to be, as was just said many decades ago.
And as been said in this conversation, many, many gateways and openings are opening daily for you by what you were doing, the energy that you have inside you and that you allow to emanate from you. And so here is the message.

[EYES CLOSE]
Relax humanity. This is already well in hand.
What it is asked of you is to simply relax into your being. Enjoy your day. Enjoy your family. Enjoy yourself, your life. Celebrate yourself. Celebrate what you do. Let go of the harshness. Let go of all judgment. There is nothing to judge.
You have done and are doing exceptional work, no matter how you feel about yourself, whether you feel you're not doing enough, whether you feel exhausted. Simply being the expression that you are emanating the Living Light Intelligence within you is exactly what you came here to do.
And yes, there have been clearing patches and there are clearing patches and there will be perhaps more to clear depending on where your path is leading. But the most important thing and the reason for the clearing is so that you can emanate more so that you can ground more of the real you into your human form and experience.
And this, in its nature, is of joy, it is of beauty, it is of sweetness, of kindness, it is of flow. Do not be scared or ashamed to be those qualities, for they will effortlessly take you into your core. They will effortlessly remind you of who you really are. For as it has been said, this is not an intellectual exercise, dear souls. You are relaxing back into who you really are, the real you.

And in doing so, you are learning to let go of every intellectual shall it be said, facade or identity or however you choose to call it, that which you hold onto that is not in fact you. You see dear souls, a closer you become to yourself, the more you let go and when you have completely let go, you will have returned to your true self. It is that simple, sweet ones.

And so when you find yourself struggling, ask yourself this question, how and why are you holding on and what is it that you are holding onto and what is it that you fear to lose by letting go of it because it is not you. And so sweet ones, with this message, remember, simplicity, playfulness, joy, sweetness and relaxation.

It is asked of you to practice and delight in these for these simple measures will help you accelerate far faster than you can possibly imagine. It really is that simple, sweet ones. You are all so dearly loved. There are immense civilizations that are looking out to many facets of this unfolding project. You are in good hands. You are in the perfect hands of your higher self in every moment.

And in those times when you feel that your higher self is not there, those are simply the times when you have a lot of shall we say human stuff coming through, passing through, passing out and your higher self is taking care of you and assisting this purging with you. But as it passes out, it saturates your ability to perceive and feel your higher self. So it gives you the illusionary perception that your higher self is not there is not helping you. But this is not true, sweet ones. It is not true. The opposite is in fact true. Your higher self is more deeply with you, more deeply assisting.

But like being in a room that you are once in silence and could perceive the slightest sound is now filled full of people shouting at the top of their voices, screaming for your attention as they pass through out the door. That is the analogy of what it is to have human stuff come up and out and leave.

Did your higher self leave you? No. It was within you within that room all along, helping everything pass from one door out the other with as much grace and as ease as you will allow. And that is another key. *Allowance, sweet ones.* Allow your process to unfold and be aware where your beloved minds may engage and try to engage and sort

things out. There is nothing to sort out, sweet ones. Peacefully allow and peacefully observe.
And with this message today, it is wished for you, the sweetest love flow that you will allow yourself to connect with inside your center in relaxation, in joy and peace. You are Love Intelligence. You always have been and you always will be.
So be it.
[EYES OPEN]

**PAM:** That was really beautiful, David. You have just given us so much, so much to feel wonderful about, hopeful, excited, inspired, and really beautiful. That was jam packed of golden nuggets. It just kept coming. It was extraordinary. You couldn't have got any more in. It was just absolutely jam packed with wisdom higher, obviously much higher, galactic and ancient wisdom.
And it was really beautiful. I can't be more grateful for your time and the opportunity to talk to you again because these conversations are always so precious for me personally. And for everybody listening, I hope you've really, really loved it as much as I have in conversation with David.

**DAVID:** So thank you very much, Pam. And yes, thank you, everyone who's listening. And again the teams often congratulate everyone on the work they're doing because and that's not for empty reason or just nice, I guess what you want just being nice, so to speak.
Yes, it is really meant because I really get the feeling of just how in all they are because again, it's so easy as a human being to look up at high mighty beings, like, well, look at them. They're so cool.
And what have we got down here? Sometimes it's easy to see it that way. But the way they see it, they see it, the opposite. They look at us in utter reverence because to come down here and do what we do in the mix of what we have to do, it in takes an immense amount of high level being to do that.
And I'm not kidding when I say that. I really mean that. The souls that have come here were selected because of their very, very deep and

profound experience in being able to ascend under difficult circumstances, in difficult energetics in their environments, having learned that and have that in you.
So if you are here in human form on this planet, you are one of those qualified people or being. It wasn't just a case of, oh, yes, jump in there. Just help yourselves. No, that aspect is being handled very carefully because the right souls and the right place at the right time have to be there to do what they're here to do.
So just remember that when you're not feeling so good about yourself, just remind yourself that you have been, you selected yourself and the teams that are part of the process of who comes who comes to incarnate here recognize the light that you have and agreed in counsel that yes, you should go here and you should do this. So just remember that that's the light that you have inside you and that's why you are here. So definitely.
**PAM:** That's beautiful. Thank you for that. It is a courageous lifetime. I sense it's a really courageous lifetime of being the bridge builders to a very different level of consciousness.
And when we can see it in that context, it's enormously exciting. And I think just occasionally, as you know, you've shared with us tonight, we need to catch our breath and pat ourselves on the back as we looked on the mountain and realize how far we come up the mountain.
And it's been a hard trek and there's more to go, but we can relax more knowing that we're beyond that tipping point now. That's what I feel energetically. It's like a snowball rolling down a hill now.
**I**t's just getting easier because there seems to be such a momentum behind this new consciousness that it feels easier now than it did a year or two ago, much easier. I feel.
**DAVID:** Yes. And I feel all along because they've always reminded me, David, just relax, just let go. And I feel like I've been sitting in times when I've gotten higgly-piggly about things that were going on for me. And it's so true.
And I feel that the actual tipping point of this actually took place quite some time ago. But it's like it was just boing and we sort of tip the balances and we were working away up. And I think that's it.

It really is important for people to remind themselves, please, just if there's one human bit of advice I could turn off your TV, stop watching the news. Or you call it the news. I call it something else.
**PAM:** Yes, rid of your television. That's a really good idea.
**DAVID:** Yes. I mean, I have to say just even just give it a week turn off all the social media. You might, I mean, I'm not just suggesting you can do what you like. But I found when you just like give that stuff a break, you'll notice such a significant change in your peace, your balance, everything will start to settle down.
You'll realize the actual agitation that was being slipped up inside you without you realizing it just by doing that stuff, just simple little things like that. I think that was the message they were trying to say, get on with enjoying your life.
That you're not in amongst this serious stuff where everything's about to go wrong. No, just put that to one side. That's not your concern. Just be joy emanated, just enrich, fill the world with that. That's how you're going to really move forward even faster. And at the same time, you're going to be really happy doing it. So definitely.
**PAM:** The more love and joy we feel, the more we're going to magnetize that in. Absolutely. Numbers just get bigger and bigger and bigger. So now I'm a great proponent for that. Even have a teacher saying that. Yes, you may know. So David, total joy, total joy to share with you.
And yes, I'm sure people absolutely love this and just find it so valuable. It just such grounded advice as well as being very high level advice. And yes, I just really honor the time with you and likewise.
**DAVID:** Thank you very much. Yes, definitely. I'd love and you know, I often get so many comments from people saying when you two get together, it was just you talk about the most brilliant things.
And I really because I think if you was such a wonderful friend and an amazing soul, the stuff that you've gone out and done and the work that you do. And yes, we tend to conjure up a lot of cool topics and have some great energy pre-it is so absolutely. It's the same for me with you as well.
**PAM:** Well, pure joy, pure joy. So thank you, David, from the bottom of my heart. Thank you, everybody who's been listening and just

hope you absolutely love this. And remember, we're rocking it. We're rocking.
**DAVID:** Yes, lots of love to everyone.
**PAM:** Let's love and bless. Bye.